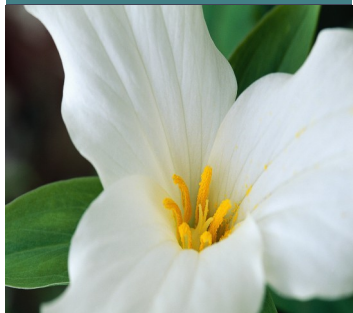


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KICKAPOO ENVIRONMENTAL OFFICE

The Green Clan

Backyard Gardening

Article by: Luke Terry, Environmental Director



As I write this article the temperature is 64° outside! Not the typical February 1st weather Northeast Kansas is used to. With all of the mild weather this winter, I've thought more and more about the upcoming gardening season. I'm sure by now, many of you have received seed and gardening catalogs in the mail, have seen seeds for sale at local hardware stores or discussed gardening with a friend or neighbor.

The Kickapoo Environmental Office will again be assisting residents of the Kickapoo Reservation with garden tilling and compost resources. This is the fourth season to offer this service and the program has grown in participation. Year one had 15 participants and last year there were 40 gardens that were tilled.

Depending on spring rainfall, gardening tilling will begin in late March and continue through May.

Through U.S. Environmental Protection Agency grant funding, we've been able to purchase a rear-tine tiller that fits on a small tractor. This equipment is well suited to till deeper and prepare the planting bed more and speed up the overall process.

If you wish to have your garden tilled this year, please contact Rachel Hudson @ (785)486-2601 Ext. 8 to have your name put on the list.

Friendly reminder- If you live in a home that is managed by the Kickapoo Housing Authority, please contact their office first to get approval to put a garden in.

Kickapoo Environmental Office Upcoming Events:

- March 7, 2012 Gardening Workshop 5:00-6:30pm at the Kickapoo Community Building
- March 13, 2012 Kickapoo Health Fair 10:00-2:00pm at the Golden Eagle Casino
- March 19-23, 2012 Spring Community Clean Up
- April 20, 2012 Earth Day Celebration 9:00-12:00 and 2nd Annual Household Hazardous Waste Round Up 8:30-4:00
- May 7-11, 2012 Spring Electronic Waste Round Up
- May 15, 2012 Kickapoo Environmental Day
- June 18-22, 2012 Summer Community Clean Up
- September 10-14, 2012 Tire Round Up
- October 1-5, 2012 Fall Electronic Waste Round Up
- October 15-19, 2012 Fall Community Clean Up

Gardening Workshop

KICKAPOO ENVIRONMENTAL OFFICE

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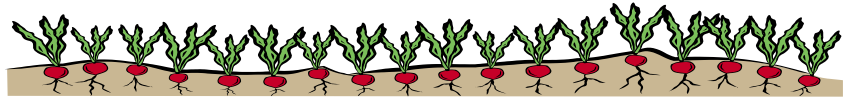
***Working Together for a Better
Community!***

We're on the Web!

**[http://ktik-nsn.gov/
kickapooenvironmentalprotection.htm](http://ktik-nsn.gov/kickapooenvironmentalprotection.htm)**

The Kickapoo Environmental Office, Kansas State University and Haskell University will be hosting a gardening workshop for the community on March 7th, 2012 at the Kickapoo Community Building. The workshop will begin at 5:00pm and should end around 6:30pm. Topics will include weed control options, improving soil with composting, insect control, and crop tips for tomatoes, cucumbers, peppers and corn.

- *Drinks and Refreshments will be served!*
- *Free Gardening Related Items to all attendees!*



Health Benefits of Backyard Gardening

Source - www.msn.health

Lower your diabetes risk.

One of the primary components of managing diabetes is getting enough physical exercise. Active gardeners easily get more than the recommended 150 minutes per week of exercise, and those who garden just for fun get just slightly less than that, according to research from Kansas State University.

And if you grow food in your garden, you have another diabetes-management tool at your disposal: fresh produce. A number of studies have found that diabetes rates are lower in areas with community gardens, or places where backyard gardening is more common.

Better sleep.

The mental health benefits of gar-

dening is so strong that a field of medicine called horticultural therapy has been developed to help people who have psychiatric disorders deal with their conditions. Studies of people with dementia and anxiety have found that gardening helps calm their agitation, leading to better sleep patterns and improved quality of their rest.

There's no reason the rest of us won't benefit too. Researchers from the International Society for Horticultural Science interviewed 42 people both with cancer and without cancer, and found that all of them used gardening as a coping strategy for stressful life situations. The less we're all stressed out, the better we'll sleep.

Lower your osteoporosis risk.

It's probably no surprise that gardening, and all the physical activities that goes along with it, leads to weight loss and better overall physical health. But that physical activity can improve your bones as well. In a study of 3,310 older women, researchers from the University of Arkansas found that women involved in yard work and other types of gardening exercises had lower rates of osteoporosis than joggers, swimmers, and women who did aerobics.

That likely has to do with the fact that gardening is sort of like weight training, the study authors note; you have to pull weeds, dig holes, carry heavy loads of soil and compost, and do other forms of weight-bearing activities that ward off osteoporosis.